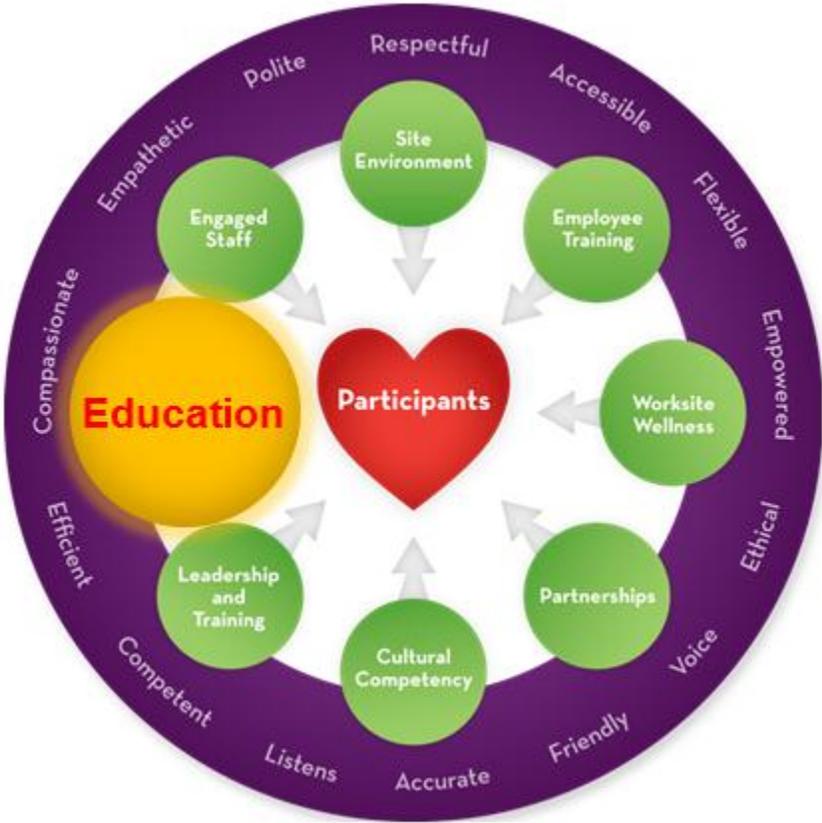


Engagement

Participant Centered Education

Trainee Workbook



Engagement: Adults learn more when they are actively involved in their learning



ACTIVITY 1

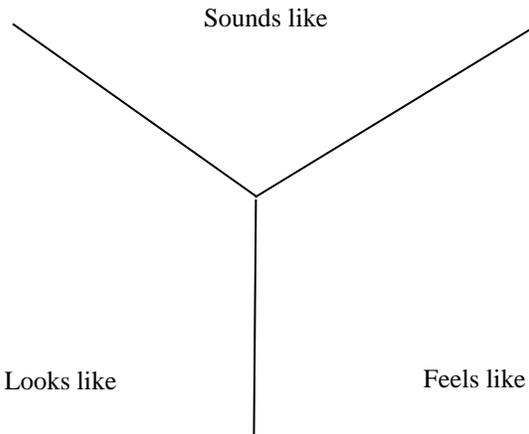
What does this quote mean to you?

*Tell me and I'll forget. Show me and I may not remember.
Involve me and I will understand.*

ACTIVITY 2

Engaging the Participant in an Individual Education Session

Reflect on an educational experience you have had in which you felt very involved in the learning process.

Experiences And Effects	What was it about the situation that made you feel engaged?
	What effect did being engaged have on your overall learning experience?
Engagement at the WIC site	What have you noticed at your site that lets you know the participant is engaged in learning?
	What does it look like, sound like, and feel like? Fill in this chart. 

ACTIVITY 4

Brainstorm ways to engage the participant in a learning session:

ACTIVITY 5

Identify your plan to promote engagement in participant sessions:

I will _____